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exercise prescribers,  
in collaboration with  
Susi Hately, Lorrie  
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The New Anatomy of

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Yoga is more than an old school anatomy lesson projected onto yoga. New Anatomy is the anatomy of the living yogic body, a cutting edge visual and tactile exploration into the structural, dynamic and subtle anatomy of the body in yoga asana practice. 3D anatomical software,



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delivering yoga  
anatomy to the yoga  
community in a simple  
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way. It has always been about you, the reader, understanding the complexity and diversity of our own humanness as well as our anatomy. We often interact with anatomy in two key places.

*Yoga Anatomy Books,  
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provides a dedicated  
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to study human body  
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Having knowledge of the anatomy of the human body can make you a better yogi and an even better yoga instructor. At Abhinam Yoga School in India , we believe that as a yoga instructor, you can be a huge help for

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people who need to  
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your hip? Going deeper into your lunges isn't the answer. Here, Ariele Foster—doctor of physical therapy, founder of Yoga Anatomy Academy, and teacher of a new online course, *Strong & Supple: Yoga for 3D Hip Stability*—explains a concept called

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reciprocal inhibition,  
which galvanizes  
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